



Government Degree College

Affiliated to Andhra University

(Upgraded to Model Degree College under RUSA 2.0)

Paderu, Alluri Sitharama Raju - District, AP.

Est:1985 NAAC "C" Grade phone no: 08935 250013 Email.ID :Paderu.jkc@gmail.co



Department of Chemistry

Certificate Course

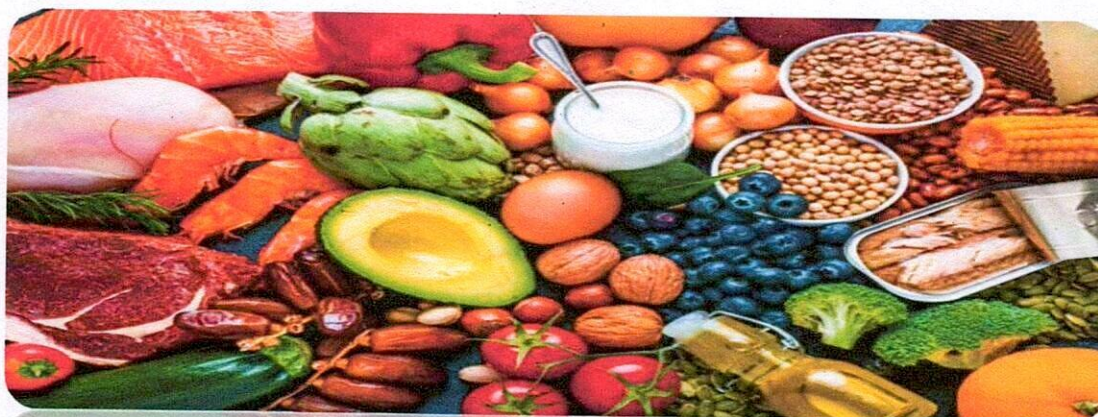
Academic Year: 2021-22

NAME OF THE COURSE: FOOD & NUTRITION

Course coordinator: Ch. Anitha

DURATION: ONE MONTH

ALL STUDENTS ARE ELIGIBLE





GOVERNMENT DEGREE COLLEGE PADERU



(Upgraded to Model Degree College under RUSA 2.0)
ALLURI SITARAMA RAJU DISTRICT-531024.
Affiliated to Andhra University
Established:1984.

Proposal for Certificate course in "Food and Nutrition" Date: -20/10/2021
Academic year 2021-2022

From
The course Coordinators
Dept of Chemistry
Govt. Degree college
Paderu.

To
The principal
Govt. Degree college
Paderu.

Sir,

Sub: Proposal for starting Certificate Course in Food and Nutrition to B.A,
B.Sc., B. Com, students of our college-Request regarding.

Our department of Chemistry is planning to start a certificate Course in "Food and Nutrition" to the students of all groups choosing 80 among them. This course can enhance the ability to understand the concept of food and nutrition security and to understand the causes and consequences of nutritional problems in the community.

In this regard we humbly request your esteemed self to conduct staff council meeting for discussing the syllabus and course outcomes.

Thanking you sir,

Name of the certificate program: Food and Nutrition
Course Coordinator : Ch. Anitha


Course Coordinator


IQAC Coordinator


principal



Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.



GOVERNMENT DEGREE COLLEGE PADERU

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ALLURI SITA RAMARAJU DISTRICT-531024.

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Established:1984



Introduction:

DEPARTMENT OF CHEMISTRY

Proposal for Certificate Course in Chemistry.

Objectives of the Course:

Students Enrolled in this course will learn:

- A. To understand the concept of Public Nutrition.
- B. To understand the causes and consequences of nutritional problems in the community.
- C. To orient the students with the strategies for improving the nutritionals of communities
- D. To understand the concept of food and nutrition security.
- E. To develop acknowledge base about the different types of Foods & Food sources.
- F. To enable the student, understand food composition.


Course Coordinator


IQAC Coordinator


principal



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Syllabus:

- + Identification of food sources for various nutrients using food composition
- + Record diet of self-using 24-hour dietary recall and its nutritional analysis.
- + Introduction to meal planning, concept of food exchange system.
- + Meals for adults of different activity levels for various income groups. Nutritious snacks for different age and income groups.
- + Nutritious snacks.
- + Nutritional labelling of food products.
- + Estimation of BMI and other nutritional status parameters.

RECOMMENDED READINGS:

Bamji MS.Krishnaswamy K,Brahmam
GNV(2009).TextbookofHumanNutrition,3rdedition.Oxfordand IBH
Publishing Co. Pvt.Ltd.Srilakshmi (2010).

Food Science,4th Edition. New Age International Ltd.

Ward law MG,Paul MInsel Mosby(1996).Perspectives in Nutrition


Third edition.

Introduction to Human Nutritioned. Gibneyetal, Blackwell Publishers,

ICMR (2010).Nutrient Requirements and Recommended Dietary
Allowances for Indians..


Course Coordinator


IQAC Coordinator


principal



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DEPARTMENT OF CHEMISTRY

Minutes of the Meeting

The following are the minutes of the meeting is held on 23.10.2021 for starting a certificate course in 'Food and Nutrition' for B. A, B.COM, B.SC students for the academic year 2021-2022.

The following minutes have been discussed and resolved unanimously.

1. It is proposed to start a certificate course in 'Food and Nutrition' for the students of B. A, B.COM, B.Sc. during the academic year 2021-2022.
2. It is proposed to endorse Kum Ch. Anitha as course coordinator.
3. It is suggested to the coordinators to enroll maximum number of students for the Certificate course.
4. It is also discussed to use Virtual class room and other equipment to teach in an easy way.
5. It is also discussed how we can motivate the students towards the course.

Members of the committee during minutes

1. M. A. R.
2. S. Chandra
3. Anitha
4. P. V.
5. S. S. S.


Course Coordinator


IQAC Coordinator


Principal



Principal
Govt. Degree College
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GOVERNMENT DEGREE COLLEGE PADERU
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DEPARTMENT OF CHEMISTRY

Date: 26/10/2021

CIRCULAR

Sub: Certificate Program for the academic year 2021-2022

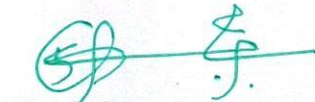
The Department of English is planned to conduct the certificate program for BA, B.COM, B.Sc. students. The certificate course which are designed and offered by our department for the benefit of the students. Course will be conducted at free of cost and based on the performance of the participated students, the merit certificate will be issued after the successful completion of the course.

Students those who are willing to attend the certificate course can enroll their names to the course coordinator.

Name of the certificate Program: Food and Nutrition
Course Coordinator :Ch. Anitha

Commencement of the course from 01/11/2021 TO 30/11/2021
Time: 9.00 am to 10.00


Course Coordinator


IQAC Coordinator


Principal

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GOVERNMENT DEGREE COLLEGE PADERU

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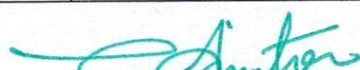


DEPARTMENT OF CHEMISTRY


Name of the Certificate course: Functional Chemistry
Total Hours: 40 Hrs.

Course Coordinator: Ch. Anitha
Academic Year: 2021-2022

| S.no | Topics to be covered | Hours | Delivery date |
|------|--|-------------|---------------|
| 1 | Introduction Identification of food sources for various nutrients using food composition. And practical's | 5 + 2 | I Week |
| 2 | Record diet of self-using 24-hour dietary recall and its nutrition analysis. Introduction to meal planning, concept of food exchange system. And practical's | 5 + 2 | II Week |
| 3 | Meals for adults of different activity levels for various income groups. Nutritious snacks for different age and income groups And practical's | 6 + 2 | III Week |
| 4 | Nutritious snacks. Nutritional labelling of food products. And practical's | 6 + 2 | IV Week |
| 5 | Estimation of BMI and other nutritional status parameters. And practical's | 3 + 2 | V Week |


Course Coordinator


IQAC Coordinator


Principal

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GOVERNMENT DEGREE COLLEGE PADERU, ALLURI SITHARAMA RAJU- DIST., AP.




DEPARTMENT OF CHEMISTRY

NAME OF THE CERTIFICATE COURSE : FOOD & NUTRITION (2021-22)

List of Students enrolled for the Course

| Sl. No | Regd. No | NAME OF THE CANDIDATE | GROUP | SIGNATURE |
|--------|--------------|-----------------------|-------|---------------------|
| 1 | 719125405003 | B. DHANALAKSHMI | MPC | R. Dhana Lakshmi |
| 2 | 719125405017 | K. LALITHA | MPC | K. Lalitha |
| 3 | 719125405022 | M.PETHURU | MPC | M. Pethuru |
| 4 | 719125405023 | M.YOHAN | MPC | M. yohan |
| 5 | 719125405029 | P. PAPAARAO | MPC | P. Paparao |
| 6 | 719125405039 | B. VARALAKSHMI | MPCS | B. Varalakshmi |
| 7 | 719125405050 | G. VIJAY KUMAR | MPCS | G. vijay kumar |
| 8 | 719125405057 | K. JAYARAM | MPCS | K. Jayaram |
| 9 | 719125405064 | R. SANDYARANI | MPCS | R. Sandya Rami |
| 10 | 719125405069 | V.BHAVANIKUMARI | MPCS | V. Bhavanikumar |
| 11 | 720125405003 | B. SANKAR NARAYANA | MPC | B. Sankar narayana |
| 12 | 720125405010 | G. BHASHABABU | MPC | G. Bhasha babu |
| 13 | 720125405016 | K. RAMACHANDRANAIDU | MPC | K. Ramachandranaidu |
| 14 | 720125405023 | K. SHIVAGANESH | MPC | K. Shivaganesh |
| 15 | 720125405029 | P. PREMKUMAR | MPC | P. Premkumar |
| 16 | 720125405036 | V.ASWINI | MPC | V. Aswini |
| 17 | 720125405045 | G. JAGADEESH | MPCS | G. jagadeesh |
| 18 | 720125405051 | K. THRINATH | MPCS | K. thrinath |
| 19 | 720125405059 | M.MUKESH KUMAR | MPCS | M. Mukesh Kumar |
| 20 | 720125405067 | P. PURNACHANDRUDU | MPCS | P. Purnachandrudu |
| 21 | 720125405073 | S.SAI SUNANDANA | MPCS | S. Sai Sunandana |
| 22 | 719125405077 | B.V. KARUNAKUMARI | CBZ | B.V. Karuna Kumari |
| 23 | 719125405083 | K. DIVYABHARATHI | CBZ | B.V. Karuna Kumari |
| 24 | 719125405089 | M.LIMMO | CBZ | M. LIMMO |
| 25 | 719125405096 | P. JAGAN | CBZ | P. Jagan |
| 26 | 719125405103 | T. CHINATHALLI | CBZ | T. Chinathalli |
| 27 | 719125405110 | CH. DHANESH | BZH | Ch. Dhaneesh |
| 28 | 719125405116 | K. ESWARAMMA | BZH | K. Eswaramma |
| 29 | 719125405122 | K. JYOTHI | BZH | K. Jyothi |
| 30 | 719125405128 | N. HEMALATHA | BZH | N. Hemalatha |
| 31 | 719125405134 | P. SALMONRAJU | BZH | P. Salmon Raju |
| 32 | 719125405141 | S. SHIVASAIPRASAD | BZH | S. Siva Sai Prasad |
| 33 | 720125405079 | D.SANDYARANI | CBZ | D. sandhyarani |
| 34 | 720125405085 | K. RAMURTHY | CBZ | K. Ramurthy |
| 35 | 720125405091 | L.NARESH KUMAR | CBZ | L. Nareesh Kumar |
| 36 | 720125405098 | P. MALLESHWAR RAO | CBZ | P. Malleshwarao |
| 37 | 720125405104 | T. RAMALAKSHMI | CBZ | T. Ramalakshmi |
| 38 | 720125405110 | V.GOPAL NAIDU | CBZ | V. Gopal Naidu |
| 39 | 720125405116 | B. PARVATHI | BZH | B. Parvathi |
| 40 | 720125405122 | K. MOHAN | BZH | K. Mohan |

| Sl.No | Regd.No | NAME OF THE CANDIDATE | GROUP | SIGNATURE |
|-------|--------------|---------------------------|-----------------|----------------------|
| 41 | 119125301006 | ALEJE RAMA KRISHNA PADAL | III HEP | A. Ramakrishna padal |
| 42 | 119125301113 | JANNI PARVATHAMMA | III SPL.TEL | J. Parvathamma |
| 43 | 120125403013 | KIMUDU AKHILA | II B.COM.(GEN) | K. Akhila |
| 44 | 119125403027 | KOTA HARI KRISHNA | III B.COM.(GEN) | K. Hari Krishna |
| 45 | 119125301010 | CHITTAPULLI SURYA PRAKASH | III HEP | CH. Surya Prakash |
| 46 | 119125403029 | LAKE KIRAN KUMAR | III B.COM.(GEN) | L. Kiran Kumar |
| 47 | 119125404025 | MUDUVA MODHAKONDAMMA | III B.COM.(VOC) | M. Madhu |
| 48 | 119125404021 | KUDA CHANDRA SEKHAR | III B.COM.(VOC) | M. Modhakondamma |
| 49 | 119125301009 | BORGAM ASHOK KUMAR | III HEP | B. Ashok (Kumar) |
| 50 | 119125301114 | JARSINGI CHANTIBABU | III SPL.TEL | J. Chanti Babu |
| 51 | 119125301080 | KIMUDU LAXMI NARAYANA | III SPL.ENG | J. Chanti Babu |
| 52 | 120125301138 | SEEDARI ANITHA | II SPL.TEL | S. Anitha |
| 53 | 119125404022 | MADDELA BHANU PRAKASH | III B.COM.(VOC) | M. Bhanu Prakash |
| 54 | 119125301008 | BONDA SIVA KUMAR | III HEP | B. Siva Kumar |
| 55 | 119125403028 | KOTA RATNA KUMARI | III B.COM(GEN) | L. Sandhya P. |
| 56 | 120125301139 | SEEDARI RAMESH | II SPL.TEL | S. Ramesh |
| 57 | 119125301116 | KARUGONDA SUJATHA | III SPL.TEL | K. Sujatha |
| 58 | 119125301083 | KORRA POOLU | III SPL.ENG | K. POOLU |
| 59 | 120125301135 | REGAM NANDINI | II SPL.TEL | R. Nandini |
| 60 | 120125301136 | SAMARDI ANITHA | II SPL.TEL | S. Anitha |
| 61 | 120125301137 | SATAKA SATYA KUMARI | II SPL.TEL | S. Satyakumari |
| 62 | 119125404024 | MATTAM JHANSI RANI | III B.COM.(VOC) | M. Subhama |
| 63 | 119125404023 | MAJJI RAJESWARI | III B.COM.(VOC) | M. Rajeswari |
| 64 | 119125403026 | KORRA VISAKU | III B.COM.(GEN) | K. Chandra Shekar |
| 65 | 119125301007 | BONDA HARIKA | III HEP | B. Harika |
| 66 | 119125301115 | JERSINGI CHINA RAJU | III SPL.TEL | J. Ching Raju |
| 67 | 119125301079 | KILLO CHINNARI | III SPL.ENG | K. Chinnari |
| 68 | 119125301082 | KORRA CHANTI BABU | III SPL.ENG | K. CHANTI BABU |
| 69 | 119125403030 | MALLARAPU MADHAVI | III B.COM.(GEN) | M. Madhavi |
| 70 | 120125301032 | KORRA DEVI | II HEP | K. Devi |
| 71 | 120125301030 | KORABU RAMBABU | II HEP | K. Rambabu |
| 72 | 120125301103 | VANTHALA ANAND | II SPL.ENG | Vanthala Anand |
| 73 | 120125301102 | UBBETI SATHI SUKHUBAI | II SPL.ENG | U. Sathi Sukhubai |
| 74 | 120125301099 | SARE JAYANTHI | II SPL.ENG | S. Jayanthi |
| 75 | 120125301101 | SEEDARI KUMARI | II SPL.ENG | S. Kumari |
| 76 | 120125301100 | SEEDARI SAMBHAVI | II SPL.ENG | S. Sambhavi |
| 77 | 120125301028 | KONTERI RAMA RAJU | II HEP | K. Ramaraju |
| 78 | 120125301029 | KORABU MADHAVA RAO | II HEP | K. Madhava Rao |
| 79 | 120125301031 | KORIBILLI NARESH BABU | II HEP | K. N. Babu |
| 80 | 120125403012 | KILLO SIVA KUMAR | II B.COM.(GEN) | K. Sivakumar |


 Principal
 Govt. Degree College
 PADERU-531024
 Alluri Sitharama Raju Dist.

STUDENT ATTENDANCE REGISTER 1/11/21 To 30/11/21

| S. No | Regd.No. | Name of the student | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Total |
|-------|--------------|---------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|
| 41 | 119125301006 | ALEJE RAMA KRISHNA PADAL | a | b | p | p | a | p | a | p | p | a | p | p | p | a | p | p | p | p | p | p | a | p | p | p | p | p | p | a | p | p | p | 1/12 |
| 42 | 119125301113 | JANNI PARVATHAMMA | p | p | a | p | p | p | a | p | p | p | p | a | p | p | p | a | p | p | p | p | a | p | p | p | p | p | p | a | p | p | p | |
| 43 | 120125403013 | KIMUDU AKHILA | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 44 | 119125403027 | KOTA HARI KRISHNA | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 45 | 119125301010 | CHITTAPULLI SURYA PRAKASH | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 46 | 119125403029 | LAKE KIRAN KUMAR | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 47 | 119125404025 | MUDUVA MODHAKONDAMM A | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 48 | 119125404021 | KUDA CHANDRA SEKHAR | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 49 | 119125301009 | BORGAM ASHOK KUMAR | p | p | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 50 | 119125301114 | JARSINGI CHANTIBABU | p | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 51 | 119125301080 | KIMUDU LAXMI NARAYANA | p | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 52 | 120125301138 | SEEDARI ANITHA | p | p | p | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 53 | 119125404022 | MADDELA BHANU PRAKASH | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 54 | 119125301008 | BONDA SIVA KUMAR | p | p | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 55 | 119125403028 | KOTA RATNA KUMARI | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 56 | 120125301139 | SEEDARI RAMESH | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 57 | 119125301116 | KARUGONDA SUJATHA | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 58 | 119125301083 | KORRA POOLU | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 59 | 120125301135 | REGAM NANDINI | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| 60 | 120125301136 | SAMARDI ANITHA | p | a | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | p | |
| S. No | Regd.No. | Name of the student | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Total |

STUDENT ATTENDANCE REGISTER 1/11/21 To 30/11/21

| S. No | Regd.No. | Name of the student | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Total | | |
|-------|--------------|-----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|------|--|
| 61 | 120125301137 | SATAKA SATYA KUMARI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | 1/12 | |
| 62 | 119125404024 | MATTAM JHANSI RANI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 63 | 119125404023 | MAJJI RAJESWARI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 64 | 119125403026 | KORRA VISAKU | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 65 | 119125301007 | BONDA HARIKA | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 66 | 119125301115 | JERSINGI CHINA RAJU | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 67 | 119125301079 | KILLO CHINNARI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 68 | 119125301082 | KORRA CHANTI BABU | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 69 | 119125403030 | MALLARAPU MADHAVI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 70 | 120125301032 | KORRA DEVI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 71 | 120125301030 | KORABU RAMBABU | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 72 | 120125301103 | VANTHALA ANAND | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 73 | 120125301102 | UBBETI SATHI SUKHUBAI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 74 | 120125301099 | SARE JAYANTHI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 75 | 120125301101 | SEEDARI KUMARI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 76 | 120125301100 | SEEDARI SAMBHAVI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 77 | 120125301028 | KONTHERI RAMA RAJU | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 78 | 120125301029 | KORABU MADHAVI RAO | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 79 | 120125301031 | KORIBILLI NARESH BABU | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |
| 80 | 120125403012 | KILLO SIVA KUMAR | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | |

V. Principal



GOVERNMENT DEGREE COLLEGE PADERU
(Upgraded to Model Degree College under RUSA 2.0)
ALLURI SITARAMA RAJU DISTRICT-531024.
Affiliated to Andhra University Established:1984.



Certificate program Assessment test

Name of the course: Food and Nutrition
Academic year: 2021-2022

Date: 1/12/2021
Time: 2.00hrs

PART-A

I. Answer all the following Multiple-Choice Questions (25×1=25M)

1. Which of the following components are major nutrients in our food?

(a) Carbohydrates(b) Lipids and Proteins(c) Vitamins and Minerals(d) All of the above

2. Which of the following food components is required for the growth and maintenance of the human body?

(a) Proteins(b) Vitamins(c) Minerals(d) Both (a) and (b)

3. Which of the following food items provides dietary fiber?

(a) Pulses(b) Wholegrain(c) Fruits and vegetables(d) All of the above

4. Which of the following mineral functions by building strong bones and teeth?

(a) Iodine(b) Calcium (c) Iron (d) Sodium

5. Which of the following food items is the best source of plant proteins?

(a) Milk(b) Egg (c) Legumes (d) Cheese

6. Which of the following food components is rich in fat?

(a) Rice and Maize(b) Milk, egg and beans(c) Butter, cheese and oil(d) None of the above

7. Which of the following statements is false about nutrients in milk?

(a) Milk is a good source of calcium(b) Milk is a good source of protein

(c) Milk is a good source of vitamin Cd) Milk is a good source of vitamin D

8. Guava, Lemon, Orange and Tomato are rich in _____.

(a) vitamin A(b) vitamin B(c) vitamin C (d) vitamin D

9. Potatoes, cereals, beans, pulses and oats are rich in _____.

(a) Proteins (b) Vitamins (c) Minerals (c) Minerals

10.The most significant and essential mineral required for our body is _____.

(a) Iron(b) Sodium (c) Calcium(d) All of the above



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11. Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects?

- (a) Thiamin (b) Folic acid (c) Vitamin C (d) Vitamin E

12. Which is the leading cause of blindness in children worldwide?

- (a) Glaucoma (b) Cataracts (c) Colorblindness (d) Vitamin A deficiency

13. Which of the following vitamin deficiency causes Beriberi?

- (a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B6 (d) Vitamin B12

14. Which of the following vitamin functions as both, hormone and visual pigment?

- (a) Thiamine (b) Retinal (c) Riboflavin (d) Folic acid

15. Which of the following is a fat-soluble vitamin?

- (a) Vitamin B (b) Vitamin C (c) Vitamin B₁₂ (d) Vitamin K

16. Which of the following diseases is caused by the deficiency of Niacin?

- (a) Scurvy (b) Rickets (c) Pellagra (d) Pernicious anemia

17. Which of the following statements is false about Ascorbic acid?

- (a) It shows antioxidant activity (b) It is a strong reducing agent
(c) It can be synthesized in the body (d) Involved in the hydroxylation of prolyl- and lysyl- residues of collagen

18. Weakness in muscles and increase in the fragility of red blood cells is caused due to the _____.

- (a) Deficiency of vitamin E (b) Deficiency of vitamin D (c) Deficiency of vitamin C (d) Deficiency of vitamin A

19. What's the best proof that a snack is healthy?

- (a) the packaging says it's all natural or pure (b) the packaging says it's low fat (c) the packaging says it gives you energy (d) the packaging shows healthy ingredients and nutrition information on the food label

20. Which of the following is not a very healthy snack?

- (a) Cherry tomatoes (b) whole wheat pretzels (c) potato chips fried in canola oil (d) trail mix



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21. Soft drinks can be a healthy snack killer because:

- (a) They're usually high in sugar and calories (b) they make you feel full (c) they take all your vending machine money (d) they give you gas

22. When you choose a snack, think about:

- (a) The calories (b) how much sugar and fat it has (c) how much protein and other nutrients it has (d) all of the above

23. Which parameter is used to calculate body mass index of an individual?

- (a) Height (b) Weight (c) Body circumstanes (d) Both Height and Weight

24. Which of the following is a water-soluble vitamin?

- (a) Vitamin B1 (b) Vitamin C (c) Vitamin B2 (d) All of the above

25. 17. Which of the following food source are the best sources of vitamin A?

- (a) Sweet potato (b) Poultry (c) Legumes (d) Dairy products

Part-B

II. Answer all the following questions (10×2=20M)

1. What is your opinion on snacks and meals?
2. What are the 5 rules in planning meals?
3. What are the 5 basic steps of meal planning?
4. What is the 24-hour diet?
5. How and when did BMI get started?
6. What is Nutrition?
7. Write a short note on Vitamins.
8. What makes a snack healthy?
9. What is BMI status?
10. What are the parameters to assess nutritional status?



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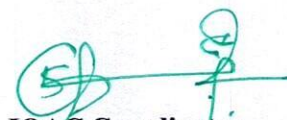


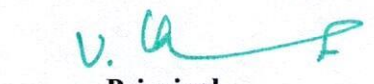
PART-B

III. Match the following (5×1=5M)

1. Vitamin A () A. Cyanocobalamin
2. Vitamin E () B. Ascorbic acid
3. Vitamin B12 () C. Calciferol
4. Vitamin C () D. Retinol
5. Vitamin D () E. Tocopherol


Course coordinator


IQAC Coordinator


Principal
Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.





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DEPARTMENT OF CHEMISTRY

Test Analysis Report

Name of the course: **Food and Nutrition**

Name of the Course Coordinator: **Ch. Anitha**

Academic Year: **2021-2022**

The Department of Chemistry offered Certificate course to students of all disciplines. We provided a syllabus to the students and covered all of the syllabus. The overall course duration was 40 hrs and the attendance of the students was recorded.

I confirmed that all the students for this certificate course actively attended and performed well. We conducted an exam and the eligible students received certificates.


Course coordinator


IQAC Coordinator


Principal

Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.





GOVERNMENT DEGREE COLLEGE, PADERU

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Affiliated to Andhra University.



CERTIFICATE

This is to certify that B. DHANALAKSHMI Regd.NO 719125405003 of GOVERNMENT DEGREE COLLEGE, PADERU has completed his/her one-month CERTIFICATE COURSE on "**FOOD & NUTRITION**" from **01/11/2021 to 30/11/2021**, organised by the DEPARTMENT OF CHEMISTRY.

The overall performance of an INDIVIDUAL during his /her ENTIRE COURSE is found to be SATISFACTORY (Satisfactory / Not satisfactory). He/She obtained grade is A+


COURSE COORDINATOR


IQAC COORDINATOR


Principal
Government Degree College
PADERU-531024
Alluri


PRINCIPAL
Govt. Degree College
PADERU 534 024
Alluri Siharama Raju-Dist.



GOVERNMENT DEGREE COLLEGE, PADERU

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VISAKHAPATANAM DISTRICT, A.P-531024.

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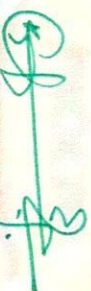
CERTIFICATE

This is to certify that V. ASWINI Regd.NO 720125405003 of GOVERNMENT DEGREE COLLEGE, PADERU has completed his/her one-month CERTIFICATE COURSE on "**FOOD & NUTRITION**" from **01/11/2022 to 30/11/2022**, organised by the DEPARTMENT OF CHEMISTRY.

The overall performance of an INDIVIDUAL during his /her ENTIRE COURSE is found to be SATISFACTORY (Satisfactory/ Not satisfactory). He/She obtained grade is A+


COURSE COORDINATOR

IQAC Co-ordinator
Government Degree College
PADERU-531024
Alluri Sitharaina Raju Dist.


IQAC COORDINATOR


PRINCIPAL
Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharaina Raju-Dist.



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Paderu, Visakhapatnam - District, AP.

Est:1985 NAAC "C" Grade phone no: 08935 250013 Email.ID :Paderu.jkc@gmail.com.

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Certificate program Assessment test

Name of the course: Food and Nutrition
Academic year: 2021-2022

Name of the student: K. Lalitha
Reg.No. : 710125405017
Group/year : Bsc(Mpc)

Answer all the following Multiple-Choice Questions (25×2=50M)

1. Which of the following components are major nutrients in our food? (D)

(a) Carbohydrates (b) Lipids and Proteins (c) Vitamins and Minerals (d) All of the above

2. Which of the following food components is required for the growth and maintenance of the human body? (B)

(a) Proteins (b) Vitamins (c) Minerals (d) Both (a) and (b)

3. Which of the following food items provides dietary fiber? (D)

(a) Pulses (b) Wholegrain (c) Fruits and vegetables (d) All of the above

4. Which of the following mineral functions by building strong bones and teeth? (B)

(a) Iodine (b) Calcium (c) Iron (d) Sodium

5. Which of the following food items is the best source of plant proteins? (C)

(a) Milk (b) Egg (c) Legumes (d) Cheese

6. Which of the following food components is rich in fat? (C)

(a) Rice and Maize (b) Milk, egg and beans (c) Butter, cheese and oil (d) None of the above

7. Which of the following statements is false about nutrients in milk? (C)

(a) Milk is a good source of calcium (b) Milk is a good source of protein
(c) Milk is a good source of vitamin C (d) Milk is a good source of vitamin D

8. Guava, Lemon, Orange and Tomato are rich in. (C)

(a) vitamin A (b) vitamin B (c) vitamin C (d) vitamin D

9. Potatoes, cereals, beans, pulses and oats are rich in. (D)

(a) Proteins (b) Vitamins (c) Minerals (d) Minerals

10. The most significant and essential mineral required for our body is. (A)

(a) Iron (b) Sodium (c) Calcium (d) All of the above

11. Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects? (B)

(a) Thiamin (b) Folic acid (c) Vitamin C (d) Vitamin E

12. Which is the leading cause of blindness in children worldwide? (D)

(a) Glaucoma (b) Cataracts (c) Colorblindness (d) Vitamin A deficiency

13. Which of the following vitamin deficiency causes Beriberi? (C)

(a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B6 (d) Vitamin B12

14. Which of the following vitamin functions as both, hormone and visual pigment? (B) ✓

(a) Thiamine (b) Retinal (c) Riboflavin (d) Folic acid

15. Which of the following is a fat-soluble vitamin? (D) ✓

(a) Vitamin B (b) Vitamin C (c) Vitamin B₁₂ (d) Vitamin K

16. Which of the following diseases is caused by the deficiency of Niacin? (C) ✓

(a) Scurvy (b) Rickets (c) Pellagra (d) Pernicious anemia

17. Which of the following statements is false about Ascorbic acid? (C) ✓

(a) It shows antioxidant activity (b) It is a strong reducing agent (c) It can be synthesized in the body (d) Involved in the hydroxylation of prolyl- and lysyl- residues of collagen

18. Weakness in muscles and increase in the fragility of red blood cells is caused due to the A ✓

(a) Deficiency of vitamin E (b) Deficiency of vitamin D (c) Deficiency of vitamin C (d) Deficiency of vitamin A

19. What's the best proof that a snack is healthy? (B) ✓

(a) the packaging says it's all natural or pure (b) the packaging says it's low fat (c) the packaging says it gives you energy (d) the packaging shows healthy ingredients and nutrition information on the food label.

20. Which of the following is not a very healthy snack? (C) ✓

(a) Cherry tomatoes (b) whole wheat pretzels (c) potato chips fried in canola oil (d) trail mix

21. Soft drinks can be a healthy snack killer because: (D) ✗

(a) They're usually high in sugar and calories (b) they make you feel full (c) they take all your vending machine money (d) they give you gas

22. When you choose a snack, think about. (A) ✓

(a) The calories (b) how much sugar and fat it has (c) how much protein and other nutrients it has (d) all of the above

23. Which parameter is used to calculate body mass index of an individual? (D) ✓

(a) Height (b) Weight (c) Body circumferences (d) Both Height and Weight

24. Which of the following is a water-soluble vitamin? (B) ✓

(a) Vitamin B₁ (b) Vitamin C (c) Vitamin B₂ (d) All of the above

25. Which of the following food sources are the best sources of vitamin A? (A) ✓

(a) Sweet potato (b) Poultry (c) Legumes (d) Dairy products



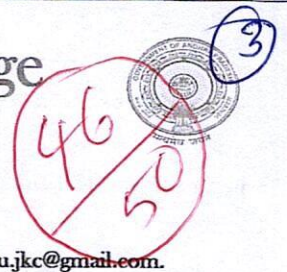
Government Degree College

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Paderu, Visakhapatnam - District, AP.

Est:1985 NAAC "C" Grade phone no: 08935 250018 Email.ID :Paderu.jkc@gmail.com



Certificate program Assessment test

Name of the course: Food and Nutrition
Academic year: 2021-2022

Name of the student : M. Pethuru
Reg.No. : 710125405022
Group/year : BSc(MPC)

Answer all the following Multiple-Choice Questions (25×2=50M)

1. Which of the following components are major nutrients in our food? (D) ✓

(a) Carbohydrates (b) Lipids and Proteins (c) Vitamins and Minerals (d) All of the above

2. Which of the following food components is required for the growth and maintenance of the human body? (B) ✓

(a) Proteins (b) Vitamins (c) Minerals (d) Both (a) and (b)

3. Which of the following food items provides dietary fiber? (D) ✓

(a) Pulses (b) Wholegrain (c) Fruits and vegetables (d) All of the above

4. Which of the following mineral functions by building strong bones and teeth? (B) ✓

(a) Iodine (b) Calcium (c) Iron (d) Sodium

5. Which of the following food items is the best source of plant proteins? (B) ✓

(a) Milk (b) Egg (c) Legumes (d) Cheese

6. Which of the following food components is rich in fat? (C) ✓

(a) Rice and Maize (b) Milk, egg and beans (c) Butter, cheese and oil (d) None of the above

7. Which of the following statements is false about nutrients in milk? (C) ✓

(a) Milk is a good source of calcium (b) Milk is a good source of protein
(c) Milk is a good source of vitamin C (d) Milk is a good source of vitamin D

8. Guava, Lemon, Orange and Tomato are rich in_. (C) ✓

(a) vitamin A (b) vitamin B (c) vitamin C (d) vitamin D

9. Potatoes, cereals, beans, pulses and oats are rich in_. (D) ✓

(a) Proteins (b) Vitamins (c) Minerals (d) Minerals

10. The most significant and essential mineral required for our body is_. (D) ✓

(a) Iron (b) Sodium (c) Calcium (d) All of the above

11. Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects? (B) ✓

(a) Thiamin (b) Folic acid (c) Vitamin C (d) Vitamin E

12. Which is the leading cause of blindness in children worldwide? (D) ✓

(a) Glaucoma (b) Cataracts (c) Color blindness (d) Vitamin A deficiency

13. Which of the following vitamin deficiency causes Beriberi? (A) ✓

(a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B6 (d) Vitamin B12

14. Which of the following vitamin functions as both, hormone and visual pigment? (B)

- (a) Thiamine (b) Retinal (c) Riboflavin (d) Folic acid

15. Which of the following is a fat-soluble vitamin? (D)

- (a) Vitamin B (b) Vitamin C (c) Vitamin B₁₂ (d) Vitamin K

16. Which of the following diseases is caused by the deficiency of Niacin? (C)

- (a) Scurvy (b) Rickets (c) Pellagra (d) Pernicious anemia

17. Which of the following statements is false about Ascorbic acid? (C)

- (a) It shows antioxidant activity (b) It is a strong reducing agent (c) It can be synthesized in the body (d) Involved in the hydroxylation of prolyl- and lysyl- residues of collagen

18. Weakness in muscles and increase in the fragility of red blood cells is caused due to the (A)

- (a) Deficiency of vitamin E (b) Deficiency of vitamin D (c) Deficiency of vitamin C (d) Deficiency of vitamin A

19. What's the best proof that a snack is healthy? (B)

- (a) the packaging says it's all natural or pure (b) the packaging says it's low fat (c) the packaging says it gives you energy (d) the packaging shows healthy ingredients and nutrition information on the food label.

20. Which of the following is not a very healthy snack? (C)

- (a) Cherry tomatoes (b) whole wheat pretzels (c) potato chips fried in canola oil (d) trail mix

21. Soft drinks can be a healthy snack killer because: (A)

- (a) They're usually high in sugar and calories (b) they make you feel full (c) they take all your vending machine money (d) they give you gas

22. When you choose a snack, think about. (D)

- (a) The calories (b) how much sugar and fat it has (c) how much protein and other nutrients it has (d) all of the above

23. Which parameter is used to calculate body mass index of an individual? (D)

- (a) Height (b) Weight (c) Body circumferences (d) Both Height and Weight

24. Which of the following is a water-soluble vitamin? (D)

- (a) Vitamin B₁ (b) Vitamin C (c) Vitamin B₂ (d) All of the above

25. Which of the following food sources are the best sources of vitamin A? (A)

- (a) Sweet potato (b) Poultry (c) Legumes (d) Dairy products



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Certificate program Assessment test

Name of the course: Food and Nutrition

Academic year: 2021-2022

Name of the student : M. Yohan

Reg.No. : 710125405023

Group/year : _____

Answer all the following Multiple-Choice Questions (25×2=50M)

- Which of the following components are major nutrients in our food? (D)
(a) Carbohydrates (b) Lipids and Proteins (c) Vitamins and Minerals (d) All of the above
- Which of the following food components is required for the growth and maintenance of the human body? (D)
(a) Proteins (b) Vitamins (c) Minerals (d) Both (a) and (b)
- Which of the following food items provides dietary fiber? (D)
(a) Pulses (b) Wholegrain (c) Fruits and vegetables (d) All of the above
- Which of the following mineral functions by building strong bones and teeth? (B)
(a) Iodine (b) Calcium (c) Iron (d) Sodium
- Which of the following food items is the best source of plant proteins? (C)
(a) Milk (b) Egg (c) Legumes (d) Cheese
- Which of the following food components is rich in fat? (C)
(a) Rice and Maize (b) Milk, egg and beans (c) Butter, cheese and oil (d) None of the above
- Which of the following statements is false about nutrients in milk? (C)
(a) Milk is a good source of calcium (b) Milk is a good source of protein
(c) Milk is a good source of vitamin C (d) Milk is a good source of vitamin D
- Guava, Lemon, Orange and Tomato are rich in_. (B)
(a) vitamin A (b) vitamin B (c) vitamin C (d) vitamin D
- Potatoes, cereals, beans, pulses and oats are rich in_. (D)
(a) Proteins (b) Vitamins (c) Minerals (d) Minerals
- The most significant and essential mineral required for our body is_. (D)
(a) Iron (b) Sodium (c) Calcium (d) All of the above
- Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects? (B)
(a) Thiamin (b) Folic acid (c) Vitamin C (d) Vitamin E
- Which is the leading cause of blindness in children worldwide? (B)
(a) Glaucoma (b) Cataracts (c) Color blindness (d) Vitamin A deficiency
- Which of the following vitamin deficiency causes Beriberi? (A)
(a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B6 (d) Vitamin B12

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22. When you choose a snack, think about. (D) ✓

(a) The calories (b) how much sugar and fat it has (c) how much protein and other nutrients it has (d) all of the above

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(a) Height (b) Weight (c) Body circumferences (d) Both Height and Weight

24. Which of the following is a water-soluble vitamin? (A) ✗

(a) Vitamin B₁ (b) Vitamin C (c) Vitamin B₂ (d) All of the above

25. Which of the following food sources are the best sources of vitamin A? (D) ✗

(a) Sweet potato (b) Poultry (c) Legumes (d) Dairy products



Government Degree College (5)



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Affiliated to Andhra University

(Upgraded to Model Degree College under RUSA 2.0)

Paderu, Visakhapatnam - District, AP.

Est:1985 NAAC "C" Grade phone no: 08985 250018 Email.ID :Paderu.jkc@gmail.com.

Certificate program Assessment test

Name of the course: Food and Nutrition
Academic year: 2021-2022

Name of the student : P. Papa Rao
Reg.No. : 110125405029
Group/year : BSc/MPC

Answer all the following Multiple-Choice Questions (25×2=50M)

1. Which of the following components are major nutrients in our food? (D)

(a) Carbohydrates (b) Lipids and Proteins (c) Vitamins and Minerals (d) All of the above

2. Which of the following food components is required for the growth and maintenance of the human body? (D)

(a) Proteins (b) Vitamins (c) Minerals (d) Both (a) and (b)

3. Which of the following food items provides dietary fiber? (D)

(a) Pulses (b) Wholegrain (c) Fruits and vegetables (d) All of the above

4. Which of the following mineral functions by building strong bones and teeth? (B)

(a) Iodine (b) Calcium (c) Iron (d) Sodium

5. Which of the following food items is the best source of plant proteins? (C)

(a) Milk (b) Egg (c) Legumes (d) Cheese

6. Which of the following food components is rich in fat? (C)

(a) Rice and Maize (b) Milk, egg and beans (c) Butter, cheese and oil (d) None of the above

7. Which of the following statements is false about nutrients in milk? (C)

(a) Milk is a good source of calcium (b) Milk is a good source of protein
(c) Milk is a good source of vitamin C (d) Milk is a good source of vitamin D

8. Guava, Lemon, Orange and Tomato are rich in. (B)

(a) vitamin A (b) vitamin B (c) vitamin C (d) vitamin D

9. Potatoes, cereals, beans, pulses and oats are rich in. (D)

(a) Proteins (b) Vitamins (c) Minerals (d) Minerals

10. The most significant and essential mineral required for our body is. (D)

(a) Iron (b) Sodium (c) Calcium (d) All of the above

11. Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects? (B)

(a) Thiamin (b) Folic acid (c) Vitamin C (d) Vitamin E

12. Which is the leading cause of blindness in children worldwide? (D)

(a) Glaucoma (b) Cataracts (c) Color blindness (d) Vitamin A deficiency

13. Which of the following vitamin deficiency causes Beriberi? (B)

(a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B6 (d) Vitamin B12

14. Which of the following vitamin functions as both, hormone and visual pigment? (B)

- (a) Thiamine (b) Retinal (c) Riboflavin (d) Folic acid

15. Which of the following is a fat-soluble vitamin? (D)

- (a) Vitamin B (b) Vitamin C (c) Vitamin B₁₂ (d) Vitamin K

16. Which of the following diseases is caused by the deficiency of Niacin? (C)

- (a) Scurvy (b) Rickets (c) Pellagra (d) Pernicious anemia

17. Which of the following statements is false about Ascorbic acid? (C)

- (a) It shows antioxidant activity (b) It is a strong reducing agent (c) It can be synthesized in the body (d) Involved in the hydroxylation of prolyl- and lysyl- residues of collagen

18. Weakness in muscles and increase in the fragility of red blood cells is caused due to the A

- (a) Deficiency of vitamin E (b) Deficiency of vitamin D (c) Deficiency of vitamin C (d) Deficiency of vitamin A

19. What's the best proof that a snack is healthy? (B)

- (a) the packaging says it's all natural or pure (b) the packaging says it's low fat (c) the packaging says it gives you energy (d) the packaging shows healthy ingredients and nutrition information on the food label.

20. Which of the following is not a very healthy snack? (C)

- (a) Cherry tomatoes (b) whole wheat pretzels (c) potato chips fried in canola oil (d) trail mix

21. Soft drinks can be a healthy snack killer because: (A)

- (a) They're usually high in sugar and calories (b) they make you feel full (c) they take all your vending machine money (d) they give you gas

22. When you choose a snack, think about. (D)

- (a) The calories (b) how much sugar and fat it has (c) how much protein and other nutrients it has (d) all of the above

23. Which parameter is used to calculate body mass index of an individual? (D)

- (a) Height (b) Weight (c) Body circumferences (d) Both Height and Weight

24. Which of the following is a water-soluble vitamin? (A)

- (a) Vitamin B₁ (b) Vitamin C (c) Vitamin B₂ (d) All of the above

25. Which of the following food sources are the best sources of vitamin A? (A)

- (a) Sweet potato (b) Poultry (c) Legumes (d) Dairy products



Government Degree College (6)



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Affiliated to Andhra University

(Upgraded to Model Degree College under RUSA 2.0)

Paderu, Visakhapatnam - District, AP.

Est:1985 NAAC "C" Grade phone no: 08935 250013 Email.ID :Paderu.jkc@gmail.com.

Certificate program Assessment test

Name of the course: Food and Nutrition

Academic year: 2021-2022

Name of the student: B. Varalakshmi

Reg.No. : 710125405039

Group/year : BSC(MPA)

Answer all the following Multiple-Choice Questions (25×2=50M)

1. Which of the following components are major nutrients in our food? (D)

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2. Which of the following food components is required for the growth and maintenance of the human body? (D)

(a) Proteins (b) Vitamins (c) Minerals (d) Both (a) and (b)

3. Which of the following food items provides dietary fiber? (D)

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4. Which of the following mineral functions by building strong bones and teeth? (B)

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5. Which of the following food items is the best source of plant proteins? (C)

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(a) Proteins (b) Vitamins (c) Minerals (d) Minerals

10. The most significant and essential mineral required for our body is. (D)

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19. What's the best proof that a snack is healthy? (B)

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(a) They're usually high in sugar and calories (b) they make you feel full (c) they take all your vending machine money (d) they give you gas

22. When you choose a snack, think about. (D)

(a) The calories (b) how much sugar and fat it has (c) how much protein and other nutrients it has (d) all of the above

23. Which parameter is used to calculate body mass index of an individual? (D)

(a) Height (b) Weight (c) Body circumferences (d) Both Height and Weight

24. Which of the following is a water-soluble vitamin? (B)

(a) Vitamin B1 (b) Vitamin C (c) Vitamin B2 (d) All of the above

25. Which of the following food sources are the best sources of vitamin A? (B)

(a) Sweet potato (b) Poultry (c) Legumes (d) Dairy products
